

Useful Hints

Woman and Home

Ethical Talks

Beauty Secrets

Proper Care and Treatment of the Ears.

By MME. LINA CAVALIERI

If ears are of a size proportionate to the size of the head, if they are well set into the head, being neither too prominent nor too obscure, nature has done her part in giving you good looking ears and you must, by care, supplement her gifts.

You must keep the ear cleansed of acute hearing and of wholesome color, and as fine texture as possible. If nature has not done her share you must do more than your own.

If the ears are too large, little can be done, though a surgeon or specialist once had some success in which he called the crumpling process. He taught his patients to squeeze the ears into smaller compass by gently crushing or crumpling the outer rims of cartilage between the fingers.

Ear Harness Used.

But for the ear that stands out too prominently from the head, the ear hood or harness is a good and scientific aid. Made of strong tape, and fashioned with transverse lines so that the pressure may be exerted not only lengthwise, but crosswise, horizontal and diagonal, the close-fitting harness fits closely over the scalp and hair, and yet the large spaces between the tape and hair afford free ventilation for the hair.

If the ear is not prominent enough, trying too close to the head, it can be much improved, especially in youth, by gentle pulling of the fingers dipped into glycerine, causing friction and a draw. Begin at the top of the ear and pull the ear slowly upward. Repeat the same process backward. And pull the lobe downward. Place the first two fingers of the hand behind the ear, and with the thumb roll the cartilage over the two fingers, then reverse and do it over the thumb, at the same time gently stretching it. In a few weeks this treatment will cause a decided improvement in the general appearance of the ear.

The ivory swabs, with a tiny spoon at one end and a small sponge at the other, are good ear cleaners if carefully used. The ear is as delicate as organ as the eye, and must be as carefully treated. Handle the ear gently as though it were a well-loved child. The sponge end of the swab should be slowly and carefully inserted into the ear and used for removing the wax. If the wax is hard don't risk puncturing the delicate ear drums by persisting with the ivory instrument. Turn the wax well on the side and pour into it a few drops of warm, never hot, olive oil. Never use cold oil, as the ear must suffer from either extreme of heat or cold.

The Slight Force.

Ear picks are made of tortoise shell, but by some those made of marshmallow root are preferred because of their pliability, especially in such emergencies as that of hardened wax, which may become so inflexible that it is difficult to remove. The pick should be slowly and carefully inserted into the ear and used for removing the wax. If the wax is hard don't risk puncturing the delicate ear drums by persisting with the ivory instrument. Turn the wax well on the side and pour into it a few drops of warm, never hot, olive oil. Never use cold oil, as the ear must suffer from either extreme of heat or cold.

An Inexpensive Hat Which May Be Made at Home.

By MME. LINA CAVALIERI



On a frame sew a few yards of colored straw for the under brim and a ten yards of a contrasting color for the top of the hat. Trim it with flowers or loops of ribbon, and you will have a pretty and inexpensive hat.

Sweet, tincture of benzoin, one teaspoonful.

Add this to the ear with absorption cotton, drying it after a few minutes. If the ears are too white, or of a yellow tint, gentle massage will set the blood flowing normally through them. This will be aided by the application of the following which should be well rubbed into the skin of the outer ear for two or three minutes. Warm water, two ounces; glycerin, one ounce; spirits of ammonia, one-half an ounce.

Good Carriage Exercise

By Antoinette Donnelly

The first rules of a good carriage are, stand erect, abdomen drawn in and chin up. The following exercise is particularly valuable for protecting the chest forward, stretching the shortened ligaments and drawing in the abdomen:

First position—Stand erect, with arms behind the back, the hands resting in the small of the back, the fingers interlocked and the palms facing backward.

Second position—Straighten the arms, turn the palms inward and then downward and lastly, out all the while, keeping the fingers interlocked. Roll the shoulders and arms into supination and extend the neck. Retain this position for a moment. Then reverse slowly back into the first position.

When the fingers cannot be held in this position start by holding a loop of cord in the hands instead of interlocking the fingers. Be careful to have the chin brought downward and turned outward.

If you have been careless about your walk or your standing position, take advantage of the above exercise to correct yourself. If you aren't confident that you aren't at fault, just to make assurance doubly sure, go and stand before your mirror in a sidewise position. Let yourself fall into the position you assume most naturally and readily. Maybe you'll be surprised to find that you aren't as figure perfect as you thought.

Quite aside from the beauty nature of it, there is a health angle about a flattened chest and protruding abdomen that you can't afford to neglect. You have to give your lungs a lot enough, else your supply of lung power will be limited. You have to give your abdomen attention, or the muscles of the walls will become slack and lazy.

Antoinette Donnelly's Answer.
Blisters—I suppose by "fuming birthmarks" you mean removing them. There is no cream for removing birthmarks, but I believe they can be removed by surgery. I suggest you talking it over with your physician.

When Is a Woman Old?
By William Brady, M. D.

A good many letters reach us from women, describing all sorts of symptoms which might suggest cancer, tuberculosis, auto-intoxication, nephritis, locomotor ataxia, constipation, too close confinement indoors, lack of exercise, overeating, or drug habits (drunks and the like). And as seems to be the general rule, the writer either assumes she is old, or does not think that her trouble is caused by "the change," the menopause. That is, if she happens to be over thirty-five and under fifty years of age.

In the dark old days of pure chivalry and empiricism in medicine, even the doctors, such as they were, gravely agreed with the "old women" that most anything might be expected to develop after "the change." And so it is that this vicious and absurdly erratic notion prevails widely among the women of our time—though it prevails

mainly in the country.

Never use a sharp instrument as a pin, in the ear, if no one is near at hand, a hairpin may be used, but only when its rounded, closed end has been wrapped round well with cotton.

Sometimes we see ears that are otherwise well bent and wholesome looking disfigured by the growth of the surface of a few bristling, sharp hairs. These, unless very strong and stiff, may be removed by the use of tweezers without pain, if the outer part of the ear is first prepared by an ether spray. But this, though often done, is too delicate an operation to be safely performed by ones self, in my opinion. I should advise going to a physician and paying him for his skilled touch and his knowledge of antiseptic remedies.

Effective Wash.
The normal color of the ear is a delicate pink. When the ears are chronically red they may have been rubbed, or there may be an irritation caused by cold. In an ordinary case this wash is effective in reducing the superfluous color. Rosewater, one gill pulverized borax, one-half a tea-spoonful; pulverized alum, one tea-

SHAKESPEARE'S WORKS FOR HIGH SCHOOL PUPILS

In order to stimulate the study of Shakespeare among the more advanced pupils of the public schools, particularly at this time when the centenary of the great English dramatist is so near, the Times-Dispatch offers as prizes to the pupils of the John Marshall High School, under the condition set out below, ten copies of "Cassell's Illustrated Shakespeare."

The book, bound in purple buckram, and containing all 1,005 pages of the comedies, tragedies, sonnets and poems, with a biographical and critical introduction by Dr. F. J. Furnivall and John Munro; an index to the characters in the plays and a glossary, besides a colored frontispiece and sixty-four full-page illustrations, all made from well-known paintings, except a few which show famous actors in their most noted roles.

These ten volumes will be awarded—five to boys and five to girls—to the ten pupils of the John Marshall High School who shall contribute the best outline, epitome or retelling of any one of Shakespeare's plays, the ten papers thus winning prizes to be printed in the Times-Dispatch.

No conditions are attached to this offer, except the following:

Only pupils of the John Marshall High School may enter.

Each pupil may submit a paper on only one play.

The paper must contain more than 500 words.

The Times-Dispatch is to be the sole judge of the merit of the papers and reserves the right to publish the winning papers, with names of authors.

All papers must be in the office of the Times-Dispatch, addressed to Contest Editor, by 3 o'clock, Saturday afternoon, March 25, 1916.

tell you about the injections of paraffin and if it is a safe process. Personally I think it would be a foolish and dangerous undertaking.

Rebecca P.—Indeed, I do think hair dyes are harmful to the hair, and therefore I do not recommend dyes or bleaches of any sort. They are apt to ruin the hair, and it is never the same after it has once been dyed. Dyes leave the hair coarse and brittle. It is unfortunate that your hair should turn gray when so young. It would be impossible to say what causes it. It may be hereditary or it may be caused from worry or ill health. Try to build up your health and keep yourself in good physical condition. The condition of the hair is always affected by the condition of the body. It may be that scalp massage would help to keep it from turning more gray. The massage stimulates the circulation and promotes a proper flow of blood to the roots and gives them nourishment. I shall be glad to send you my instructions for scalp massage if you will send me a stamped, addressed envelope.

Mildred W.—If I only knew how old you are! I might be able to make some suggestions as to the arrangement of your hair. If you are under eighteen years of age you can comb your hair back loosely, holding it in place with side combs, and wear it in a braid or in coils down your back with a bow at the neck. If you are past eighteen you can wear it low at the back of your head in a Psycho knot or in a figure 8. You might try several different styles of coiffure before your mirror, and adopt the simplest, the most youthful, and the most becoming one.

Second position—Straighten the arms, turn the palms inward and then downward and lastly, out all the while, keeping the fingers interlocked. Roll the shoulders and arms into supination and extend the neck. Retain this position for a moment. Then reverse slowly back into the first position.

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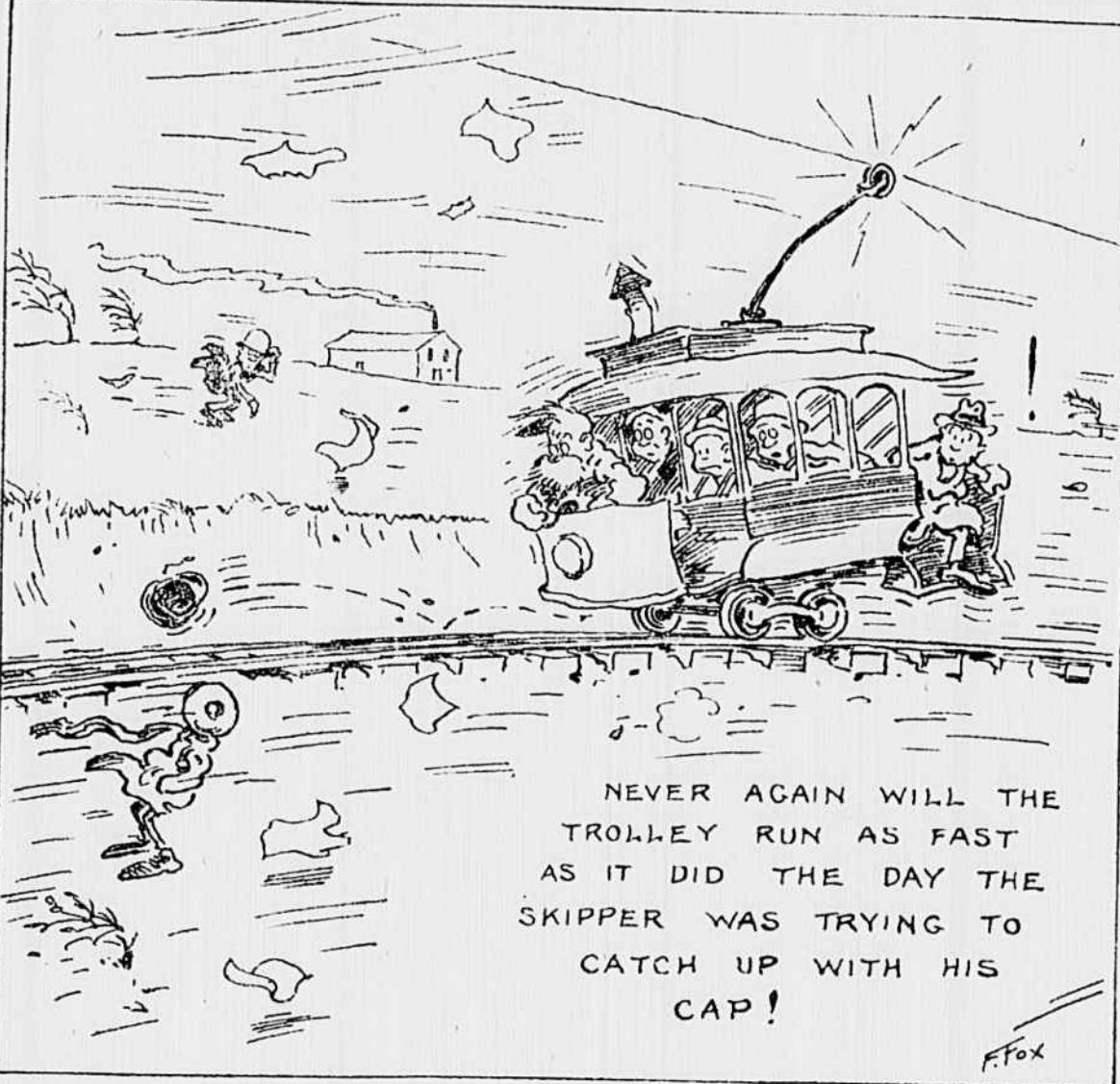
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The Toonerville Trolley, Which Meets All Trains, By Fontaine Fox

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NEVER AGAIN WILL THE TROLLEY RUN AS FAST AS IT DID THE DAY THE SKIPPER WAS TRYING TO CATCH UP WITH HIS CAP!

F. Fox

To People Who Are Under Normal Weight

Good Advice for Thin, Undeveloped Men and Women Who Want to Put on Pounds.

Thousands of people suffer from extreme thinness, weak nerves and poor digestion. Those who, having tried all sorts of remedies, food fads, dietary strictures and various creams, sign themselves to lifelong dieting and think nothing will make them well. In this case is not hopeless. A certain discovery made in the course of a scientific investigation has made the great years of thinness, and it is also tested, judging from reports, in curing the various diseases of the digestive system and for strengthening the heart. This remarkable preparation of the Surgeon Six strengthens, produces weight-gaining elements of known and acknowledged merit have been found in this preparation, which is endorsed and used by prominent people everywhere. It is a truly harmless, inexpensive and efficient.

A few weeks systematic use of Surgeon Six will go far to produce health, strength, improving health, and adding fat to the blood. If not, every doctor who sells it is authorized to do so at a reasonable price. Increased nourishment is obtained from the fat, and the additional fats that people need are thus provided. This preparation is given to those who are瘦弱 and those who are underweight, and it is recommended to nervous people who wish to gain at least ten pounds flesh.



The above picture is a good illustration of D. L. McNamara, who lives with his parents at No. 1900 Littlepage Street, this city. This boy came to us with his father, saying that he had suffered from catarrh for a long time, and had taken treatment at a number of physicians. The skipper was trying to catch up with his cap.

Most Lost All Interest in Life

Mrs. A. H. Mann, 1117 East Clay St., Wife of Popular Manager for Leslie Judge Co., Testifies.

Entirely satisfied.

"Entirely satisfied" is the way this lad and his father express themselves in regard to the treatment and result they derived from our care and medicines.

This institution has printed in the local papers from time to time hundreds of testimonials from Richmond people, describing many different ailments and all kinds of diseases. These testimonials described in a graphic way the sufferings of people before coming to us, and they also told of how this institution effected cures in many cases after others had failed.

Mr. A. W. Hammer, who resides at 11 West Marshall Street, came to the United Doctors on the 16th of February for treatment. Mr. Hammer had suffered for a long time from Sciatica Rheumatism to such an extent that he had to quit work on account of it. To those who have been unable to secure a permanent relief from their suffering we ask you to talk to Mr. Hammer. Get his opinion of our treatment.

The Master Medicine, which has helped Mrs. Mann recover her health is now on sale in Richmond at any Polk Miller Drug Store, where a representative is always on hand to courteously explain all about the new medicine.

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FOR SALE, A Modern, Well-Equipped Building

Suitable for Wholesale Grocery, Provision, Produce, or most any business. A BARGAIN. Apply to the JOHN A. GILL GROCERY CO., INC., No. 3 East Old Street, Petersburg, Virginia.

Rheumatism is "pain" only. Not one case in fifty requires internal treatment. Stop drugging! Rub soothingly, penetrating "St. Jacob's Oil" right into your sore, stiff, aching joints, and relief comes instantly. "St. Jacob's Oil" is a harmless rheumatism balm which never disappoints and cannot burn the skin.

Limber and quit complaining! Get a small bottle of old, honest "St. Jacob's Oil" and just a moment you'll be free from rheumatic pain, soreness and stiffness. Don't suffer! Relief awaits you! "St. Jacob's Oil" is just as good for sciatica, neuralgia, lumbago, backache, sprains.

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